



Vol. 51 No. 14

April 22, 2005

Aviano Air Base, Italy

Fly Bys

Aviano Family Fair

The Aviano Family Fair begins 10 a.m. Saturday in Hangar One. The following is a list of scheduled events:

10:30 a.m. - Working dog demonstration
11 a.m. - Fire extinguisher demonstration and Hispanic dancers
11:30 a.m. - Ballet
Noon - Cheerleading
12:30 p.m. - Asian Pacific dancers, fire engine and crash vehicle demo
1 p.m. - Gymnastics presentation, fire extinguisher demo
1:30 p.m. - Working dog demonstration, Friuli folk dancers
2 p.m. - Tap dancing
2:30 p.m. - Kuk Sool Won
3 p.m. - ballet
3:30 p.m. - Crash vehicle and fire engine demo

Donation collections

People are no longer permitted to leave donated items in front of the commissary entrance. People must contact the organizations to find out where to leave items.

Change of command

Col. Lee Payne relinquishes command of the 31st Medical Group 9 a.m. Thursday in Hangar One. All are invited to attend.

Air Force awards Aviano squadron

Maintenance operations earns "best in service" recognition

By Staff Sgt. Julie Weckerlein
31st Fighter Wing Public Affairs,
Vigileer editor

An Aviano maintenance operations squadron was recently named as the best in the Air Force.

The 31st Maintenance Operations Squadron surpassed 55 others in the service, winning the 2004 Air Force Maintenance Effectiveness Award for its maintenance management, training and support for the 31st Fighter Wing.

"We have a lot to be proud of," said Maj. Ben Davis, 31st MOS commander. "Our squadron vision is 'training and sustaining the world's finest maintainers' and I think that says it all. Those who lead in this squadron make it a point to create an environment where our Airmen can focus on the mission with all the tools and training they need to complete the job."

That type of mentality has led the squadron to accomplish a number of notable achievements. The squadron helped the 31st FW to achieve 8,734 sorties and 20,164 flying hours during 2004, which exceeded the original program by 45 percent.

"One of our most notable accomplishments was our overall "Excellent" rating during the U.S. Air Forces in Europe Unit Compliance Inspection," said Major Davis. "Our folks earned 14 'strengths' and a number of individual and section awards."

Airmen from the 31st MOS also deployed to support Operations Enduring and Iraqi Freedom, providing support for combat missions down

See AWARD, Page 4



Senior Airman Nichole Adamowicz

Senior Airman Justen Outlaw and Staff Sgt. Matthew Pipes, 31st Maintenance Operations Squadron, work on a Gun Drum Panel of an F-16D model aircraft here recently. Their squadron was named best in the Air Force.

Monte Carlo Night begins at 6 p.m. to 11 p.m. tonight at La Bella Vista. Tickets sold today until 5 p.m. in front of the base exchange.



New policy

Air Force officials recently announced a new policy giving sexual assault victims more privacy when reporting such attacks without the threat of repercussions.

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Albania

When nine Airmen were killed in a crash in Albania, Airmen from Aviano responded quickly to support the investigation and recovery.

Pages 12 and 13



Location

This week's "Name This Vacation Location" comes from a country known for its gorgeous coastlines and towns that seem untouched by time.

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U.S. Air Forces in Europe

Force shaping calls for leadership by example

By Chief Master Sgt. Gary Coleman
*U.S. Air Forces in Europe
Command Chief Master Sgt.*

As we all know, the Air Force is going through a force shaping that's mandated by law.

The law requires us to reduce personnel manning numbers.

When it's all said and done, by stopping accessions and limiting the number of new recruits, Air Force manning will be reduced by more than 22,000 people.

Without fresh recruits coming from basic training, tasks traditionally performed by airman basics are now resting on the shoulders of our airmen first class and senior airmen creating a ripple effect into the Noncommissioned Officer tier.

This effect will dissipate over time as we put this brief recruiting freeze behind us, but will challenge us all in the short term – particularly our mid-level NCOs.

Today's NCOs are at the core of everything we do; making the Air Force "go," day in and day out.

Our staff and technical sergeants represent the bulk of the enlisted force structure, performing above expectation almost routinely in positions above them.

They are filling key leadership billets previously only filled by Senior NCOs, and still they're the ultimate technicians.

"Whatever challenges it brings, I know our NCO corps is up to the task, because it has been tested time and time again, and has never failed to perform."

They perform highly complex technical duties, while at the same time supervising and mentoring the next generation behind them.

Force shaping calls for leadership by example, something our current crop of mid-level NCOs do best.

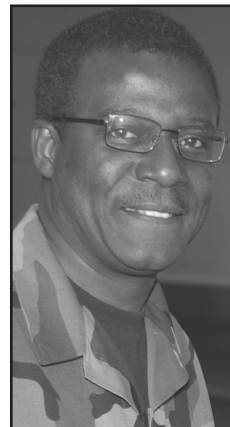
They understand the roles and responsibilities that define them must be as flexible as possible.

Through this flexibility, they can stretch beyond their normal limits and meet the next task on the horizon head on.

This temporary recruitment freeze will bring challenges of its own, even as it helps us shape a more efficient force structure.

Whatever challenges it brings, I know our NCO corps is up to the task, because it has been tested time and time again and has never failed to perform.

Using leadership and dedication, today's NCO continues to lead the way.



Chief Master Sgt. Gary Coleman is the U.S. Air Forces in Europe's command chief master sergeant. He advises the USAFE commander on problems, concerns, attitudes, morale, welfare and effective utilization of the enlisted force. He also promotes quality of life programs to improve living quarters, dining and recreational facilities. Chief Coleman entered the Air Force in 1977. After completing basic training, he was assigned to Barksdale Air Force Base, La., as a dental technician.

"Bring Your Courage"

AWARD, From Page 1

range. The squadron's accomplishments have spilled over to other areas, too, such as community involvement. Airmen have been involved with Airmen Against Drunk Driving, Dragon Wagon, Toys for Tots, and other organizations.

Major Davis also said he's very proud of his squadron's commitment to physical fitness.

"We've had 27 Airmen go from failing to passing scores on the Air Force fitness test. Five Airmen boosted their score more than 30 points," he said. "Our folks have worked really hard. Of 49 installations evaluated this fiscal year, our squadron program was the only one specifically highlighted by the Air Force Inspector General."

Airman 1st Class Sean Abbott, who works for the squadron's plans and scheduling flight, agreed the PT program is a squadron highlight.

"It's a solid program," he said. "People meet for physical training every day in the afternoon, and Friday mornings. Our PT leaders are very dedicated, too, making sure everyone is progressing."

Airman Abbott said that dedication is apparent in squadron supervisors, too. "Working for this squadron is a great experience," he said.

Students learn about Earth Day

Several Aviano sixth-graders learned about Earth Day Tuesday from the 31st Civil Engineer Squadron.

Terry Thomas of the 31st CES Environmental Flight, spoke with students about the U.S. Environmental Protection Agency and his former job as an investigator who went after those who knowingly and willingly polluting the environment.

"I wore the chemical suits and we would go into corporations, unannounced, like a raid," said Mr. Thomas. "The kids always seem to enjoy hearing about that."

His visit with the class was a form of preparation for the upcoming day of observation.

Today is the 35th Anniversary of Earth Day. According to www.earthday.org, Earth Day, which began in 1970, is now celebrated by millions of people worldwide.

Around the world, hundreds of thousands of nongovernmental organizations, governments, teachers, and faith-based groups, among others, are making plans to declare that they are part of something extraordinary: a worldwide movement to protect the planet and the future.

This year, Earth Day Network's theme

is "Protect Our Children and Our Future." This Earth Day, hundreds of major events will take place around the world, in communities large and small, in classrooms, in parks and on beaches, in places of worship.

The Aviano community can contribute to Earth Day by doing small, but important things, throughout the day.

"Some people don't realize it, but something as small as throwing out a battery can damage the environment," said Mr. Thomas.

The following are things Aviano community members:

- Recycle. Not only is it Italian law, but it helps the environment by decreasing landfill and reusing resources. Generally, waste is divided into groups, such as paper, plastics, glass, dry waste and wet waste. For a complete listing of Italian recycling rules, visit the 31st CES Environmental link on the Aviano Intranet.

- Keep homes and work centers clean and litter-free. By taking few minutes to pick up stray plastic bags or pieces of paper, people show they care for their environment. (*31st Fighter Wing Public Affairs and 31st CES Environmental Flight*)

April 26, 1948 - The U.S. Air Force plans for racial integration, anticipating President Truman's executive order signed in July 1948.

Policy offers confidentiality to sexual-assault victims

By Staff Sgt. C. Todd Lopez
Air Force Print News

A new Department of Defense policy allows sexual-assault victims to confidentially report crimes against them.

The policy allows victims of sexual assault to seek care under restricted reporting procedures, without triggering an investigation or having their name, or the name of their assailant reported up through their chain of command.

Under the new policy, victims will be able to talk with the sexual assault response coordinator, a victim advocate or certain medics. In the past, only chaplains could provide confidentiality.

This ensures victims of sexual assault get the medical care, counseling and victim advocacy they need following a sexual assault, even if they are not ready to deal with the investigative and legal aspects of reporting a crime, officials said.

"As we implement this policy, training is critical ... for commanders, supervisors, first responders and the entire force," said Charlene Bradley, the Air Force's Sexual Assault Task Force leader. "Everyone must understand the two avenues for reporting -- restricted and unrestricted -- and the importance of each to the victim and the mission."

Many times, victims of sexual assault are not immediately ready to report what happened to them, officials said. There are perceived and real barriers to reporting that exist in society and the military -- chief among those being the perceived lack of privacy and confidentiality.

Many times, victims of sexual assault are not immediately ready to report what happened to them, officials said.



"When you deal with military victims, there are many things they consider before reporting," she said. "People are proud of being in the military, and one of the perceptions is that if the commander knows you have been sexually assaulted, he or she may think your effectiveness is reduced by that experience."

Airmen at their home station might fear reporting a sexual assault will lead co-workers, a supervisor or commander to think differently about them or even question their behavior, Ms. Bradley said. While deployed or in training, they also fear being sent home and missing out on the opportunity to complete their mission.

While the names of sexual-assault victims will be withheld from commanders under the new restricted reporting procedure, the fact a sexual assault has occurred will be provided to commanders to assist them to assess the climate and increase prevention efforts.

RESCON CORNER

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Week 1
28 days 1

Rescon Alpha

Sortie Board

	Hours	Sorties
31st FW		
Goal	898.8	599
Ahead or Behind	-176	-93
510th FS		
Goal	469.8	340
Ahead or Behind	-113	-97
555th FS		
Goal	429	259
Ahead or Behind	-63	4

Airmen disciplined for AFIM misuse

By Master Sgt. Mitch Gettle
Air Force Print News

Air Force officials are taking a hard look at the misuse of the Air Force Instant Messenger service on Air Force Portal.

Airmen were found violating standards of conduct prompting officials to clarify responsible communication over the service.

"Air Force Portal users took offense to the inappropriate comments made by 11 individuals and reported the misuse to local helping agencies," said Maj. Anthony Sansano, Air Force military equal opportunity chief. "It's a readiness issue. Unprofessional communication is contrary to good order and discipline and counterproductive to mission accomplishment."

Of the 11 Airmen reported, six have received some form of administrative or disciplinary action. One Airman received a letter of reprimand, an unfavorable information file and was removed from command on the basis of inappropriate dialogue in a chat room.

Five Airmen received actions ranging from a verbal counseling to letters of reprimand, and five others are still pending actions.

The growth of the instant messenger in civilian society has developed an "anything goes" culture where people may say and do things they would not do in person, said

Maj. David Gindhart, Air Staff lead for the Air Force Portal.

"As with telephone calls or e-mail, the instant messaging and public and private chat rooms are subject to limitations and monitoring at all times," Major Gindhart said.

Also, users have a few ways to monitor and correct misuse on the messenger.

"Airmen are encouraged to deal with issues at the lowest possible level which can be as simple as (instant messaging) the individual and telling them to stop," Major Gindhart said. "Users also have the option of clicking the 'report misuse' button, which prompts them to identify the offending (individuals) and the type of inappropriate use. The report and the chat room transcript will be routed to the alleged offender's commander for action."

In addition, while the instant messenger supports informal dialogue, the Air Force military rank structure establishes expectations for responsibility and accountability.

Two Air Force instructions govern appropriate or inappropriate use of government information systems.

Air Force Instruction 33-129, Web Management and Internet Use, covers the use of Internet resources by government employees. Military Equal Opportunity, AFI 36-2706, describes the limits of professional communication.

Alcoholics Anonymous meets 6 p.m. Tuesdays and Fridays in Area One Bldg. 168 behind the CDC. For more information, call Ext. 5321.

Airman receives bad conduct discharge

A senior airman from the 31st Aircraft Maintenance Squadron received a bad conduct discharge from the Air Force April 9 here after being found guilty of several charges.

Senior Airman Kenneth Dorsey was found guilty of two specifications of Article 112a, wrongful use and possession of a controlled substance. He pled guilty to using and possessing marijuana on or about May 1-2, 2004.

Also among the charges was a violation of Article 111, drunk driving, from a Dec. 19, 2004 incident that also resulted in an additional charge of violation of Article 91, insubordinate conduct toward a noncommissioned officer.

Two specifications of that Article stated that Airman Dorsey was disrespectful in language toward a noncommissioned officer and struck a second noncommissioned officer. He was found guilty of both charges.

Airman Dorsey, who was sentenced to a reduction in rank to E-1, will serve nine months at the Mannheim confinement facility and will forfeit \$823 a month for nine months. (31st Fighter Wing Public Affairs and Aviano Legal Office)



Margo Wright

Airman killed in bombing remembered

Col. Andrew Monteiro, Jr., 72nd Medical Group commander at Tinker Air Force Base, Okla., presents Constance Favorite with a plaque showing the group's memorial to her daughter, Airman 1st Class Lakesha Levy, who was killed in the Alfred P. Murrah Federal Building bombing April 19, 1995. Airman Levy worked in the 72nd MDG laboratory.

Alcohol addiction: Recognizing the stages before self-destruction

**By Staff Sgt.
Lizette De La Paz
31st Medical
Operations Squadron**

The road to alcohol addiction is a slow advance, leading to the self-destruction of the mind, body and soul. No one begins consuming alcohol for the sole purpose of becoming an alcoholic.

There are five basic stages of alcohol addiction: experimentation; integration and social use; misuse; abuse, and dependency and addiction.

Being aware of these stages is helpful in putting one's alcohol use into perspective and potentially avoiding the destructiveness of alcohol dependency/addiction.

The first stage is experimentation. At this stage alcohol is used a few times to discover the effects.

Through experimentation, people learn what alcohol does and how it makes them feel. The effects of alcohol are enjoyed and so its use increases.

When alcohol is used on a more frequent basis and becomes a part of one's social

life, the person has reached the second stage: integration/social use. Alcohol use does not cause any impairments or negative consequences to life.

Having a few beers with the teammates after winning the championship game or drinking a glass of wine with dinner are examples of social use.

The term "social drinker" is an appropriate term that can be associated with this stage.

Misuse, the third stage of alcohol addiction occurs when an individual consumes alcohol for the purpose of getting intoxicated.

According to the World Health Organization, the guidelines for safe drinking are as follows: 2 standard drinks (12 oz beer = 5 oz wine = 1.5 oz of 80 proof liquor) for a male per day, not to exceed 11 drinks per week and 1 standard drink for a woman, not to exceed 6 drinks per week.

When used in excess, alcohol causes impairment to judgment and reliability.

In this stage, the drinker begins to experience negative consequences as a result of the misuse of alcohol.

This may include socially

unacceptable or dangerous behavior, injuries, binge drinking or drunk driving.

For some, experiencing a negative consequence may serve as a deterrent and end their misuse of alcohol. Others continue to excessively use alcohol.

Continued use of alcohol in spite of negative consequences leads an individual to the fourth stage of addiction, Abuse.

Individuals in this stage may sneak drinks, or gulp them rapidly in quick succession, become intoxicated unintentionally with an increase in alcohol usage and develop tolerance. Use of alcohol becomes problematic and causes impairment in social/personal relationships, work, legal, financial and/or health problems. They display poor judgment, fail to understand the risks, or lack the concern about damage to themselves or others.

The final stage of alcohol addiction, dependency/addiction, is the compulsive use of alcohol regardless of adverse or negative consequences.

By the time individuals

have reached this stage, they have become physically and mentally addicted to alcohol. They become preoccupied with alcohol.

The majority of their time is spent thinking about, using, and recovering from the affects of alcohol. There is a loss of control. They have difficulty controlling how much alcohol is consumed once drinking has begun.

A person in this stage will never be able to return to any of the previous stages.

Without professional help there will be a continued deterioration of the individual's health and all other aspects of life.

While abstinence is one way to avoid alcohol-related problems, another realistic goal is to be honest and responsible with one's alcohol use.

Being aware that alcohol use can potentially be problematic during these stages can help bring about behavioral changes, therefore, avoiding further progression.

Call the ADAPT Program at Ext. 5321 for more information about alcohol addiction.

Eagle Eyes - Report all suspicious activity or people in the Aviano Air Base area by calling Ext. 7200 or 0434-30-7200.

Briefings to educate people on legal documents

Attorneys visit Aviano to talk to people about preparing for death, health situations

Two attorneys from the States will be visiting Aviano April 28 and 29 to give briefings to the community.

The recent legal and legislative battles over the fate of Terry Schiavo may have caused many people to consider whether their estate planning affairs are in order.

One way to get answers to these questions, as well as additional information, is to attend one or more of the briefings soon to be offered here.

The Personal Estate Planning Team, located at the Department of Law, United States Air Force Academy, is composed of attorneys who have developed an expertise in estate and financial planning for military personnel.

The team has been serving the Air Force community for more than twenty years by visiting installations worldwide to instruct on the fundamentals of building, protecting and distributing a military member's assets. The briefings include:

- Retirement and Estate Building Tips - 10 a.m. April 28, wing conference room, investment advise for the career service member.

- Estate Planning Tips for the Career Service Member - 11:15 a.m. April 28, wing conference room, a briefing for senior officer and senior NCOs covering estate planning to handle those estates implicated death taxes, the blended family, non-US spouses, transfer of real prop-

erty, selection of fiduciaries and trusts.

- 10 Ways to Make the Wrong People Rich - 9:15 a.m. April 29, base theater, a basic estate planning briefing designed to explain wills, living wills, general durable powers of attorney and health care powers of attorney.

- Who Really Wants to be a Millionaire/10 Financial and Estate Building Tips - 8 a.m. April 29, base theater, a fundamental briefing about investments, insurance, savings and avoiding financial traps and scams.

- What Your Country Does For You - 10:30 a.m. April 29, base theater, brief discussion of death and disability benefits available to the service member. This information is important to have as a baseline for estate and financial planning.

People can call the Aviano Legal Office at Ext. 7843 for more information.

Office closure

The 31st Medical Group closes today for a 31st Fighter Wing down day. There will be extended care hours at the Aviano Family Practice Clinic in Area One 10 a.m. to 4 p.m. Saturday and Sunday. Call Ext. 5000 or 0434-30-5000 to make an appointment.

Leader needed

The Aviano First Term Airmen's Center seeks a staff sergeant, or senior airman who has graduated Airman Leadership School, to be a team leader for 120 days. For more information, call Ext. 5402.

Volunteers needed

People are needed to paint the interior of a Porcia Asilo, a local preschool, May 7. Some light yard work may also be needed. Call the Aviano Family Support Center at Ext. 5407 to sign up.

Deployment dinner

The Integrated Delivery System is sponsoring a dinner 6 p.m. to Monday at the La Bella Vista for Aviano families facing an upcoming deployment. Child-care will

be provided. Children under five are free while children five and older are \$6. Sponsors and spouses are \$7.50 each. Representatives of helping agencies will have deployment information available. People must sign up through their unit first sergeant.

Volunteer picnic

Volunteers and their families are invited to attend the annual 31st Fighter Wing Volunteer Appreciation Picnic 3 p.m. to 6 p.m. April 29 in Area D. Call Ext. 5407 to sign up no later than Wednesday.

Girl Scout position

Aviano Girl Scouts are currently taking applications for a volunteer position. The Overseas Committee Chair is an annually-appointed position whose function is to promote the goals of the Aviano Girl Scout community. The position is overseen by the USA Girl Scouts Overseas. Duties include: volunteer personnel management, public relations with the Aviano community, leadership and promotion of Girl Scout programs and

goals. For more information, e-mail Jessica Zika at avainotroop17@yahoo.com.

Car show

Aviano members are invited to a Power Car Show 11 a.m. to 1 p.m. April 30 in the Aviano Commissary parking lot. There will be free burgers and hot dogs. The Aviano Harley Owners Group will also conduct free motorcycle safety checks. Trained mechanics will be available to answer automotive questions. Call Ext. 1016 for more information.

Cooking class

The Aviano Community Center offers L'Italia nel Piatto cooking classes. Learn how to make homemade pizza April 30, or bruschetta, potato gnocchi with sauce and lemon custard cream May 7. Call Ext. 5479 for more information.

No astronauts

Airmen with lifelong aspirations of becoming an astronaut will have to wait a few more years. The National Aeronautics and Space Administration notified Headquarters Air Force Personnel Center there will be no astronaut selections made until 2007, according to Mr. Howard Peterson, of the special flying programs at the AFPC. The 2007 selections will be part of the astronaut candidate class of 2008. For more information, visit the NASA Web site at <http://www.nasa-jobs.nasa.gov>.

Job opportunities

People who are retiring in the pay-grades of O-5, O-6, E-8 or E-9 can work for Air Force Junior ROTC as it expands from 746 to 945 units by 2007. That means 398 instructor positions will be available that year, as well as the annual turnover of 50 to 75 instructors. About 728 units are located stateside, and 18 units overseas. For more information, call Tom Snyder at the Aviano Family Support Center at Ext. 5656.

Post office news

Aviano Post Office custom-

ers are prohibited from sending or receiving items through the military postal system to advertise home businesses, to sell merchandise, to conduct business or for commercial purposes. Also, the use of postage-free mail service to transport personal property in connection with a PSC or TDY is prohibited, with the exception of uniforms and personal gear required to perform official duties at the next duty station. For more information regarding the post office and its services, call the postmaster, Master Sgt. Dale McLeod, at Ext. 7816.

Combined briefing

The next Palace Front/Palace Chase briefing takes place 2 p.m. May 9 in the 31st Mission Support Group conference room in Flightline Bldg. 1403. As an outprocessing requirement, the Palace Front briefing is mandatory for all reenlistment eligible Airmen who are electing to separate from the Air Force. Airmen interested in early separation through Palace Chase can also attend. For more information about the briefings, call Master Sgt. Janet Boyles at Ext. 4919.

Substitute teachers

Aviano Elementary School seeks substitute teachers certified in elementary education, speech therapy and nursing. For more information, call the school at Ext. 5677.

Sponsor training

The Aviano Family Support Center offers a sponsor training class 1 to 2 p.m. Wednesdays. It assists sponsors in helping newcomers start their assignment off right. Training can be brought to individual units. Call the FSC at Ext. 5407 for more information.

Moped law

All moped operators are required to have a moped license both on- and off-base. Individuals must possess a valid U.S. driver's license with motorcycle endorsement and attend a class or face a fine of 512 Euro.

Reel Times

Today, 5 p.m. - "Son of the Mask" Rated PG - The Mask of Loki hunts down a baby with amazing abilities. Starring Jamie Kennedy and Alan Cumming.

Today, 8 p.m. - "The Pacifier" Rated PG - An undercover agent agrees to look after a man's five kids when they are thrust into danger. Starring Vin Diesel.

Saturday, 7 p.m. - "The Aviator" Rated PG-13 - Leonardo DiCaprio plays Howard Hughes, who went from wealthy Texas heir — he inherited his father's tool company — to billionaire tycoon. The film follows his career through the late 1920s and into the 1940s, when Hughes directed and produced films and developed innovative airplanes, all while romancing Hollywood starlets.

Sunday, 7 p.m. - "The Aviator"

Monday, 11:30 a.m. - "Piglet's Big Movie" Rated G - When his pals in the Hundred Acre Wood decide to have a honey harvest without him, Piglet disappears. His pals go out looking for him, using a scrapbook to give them clues.

Wednesday, 7 p.m. - "The Pacifier"

Thursday, 7 p.m. - "The Aviator"

Friday, 5 p.m. - "Robots" Rated PG - A young robot wiz named Rodney (Ewan McGregor) builds robots that he hopes will make the world a better place. Starring Ewan McGregor, Halle Berry, and Mel Brooks.

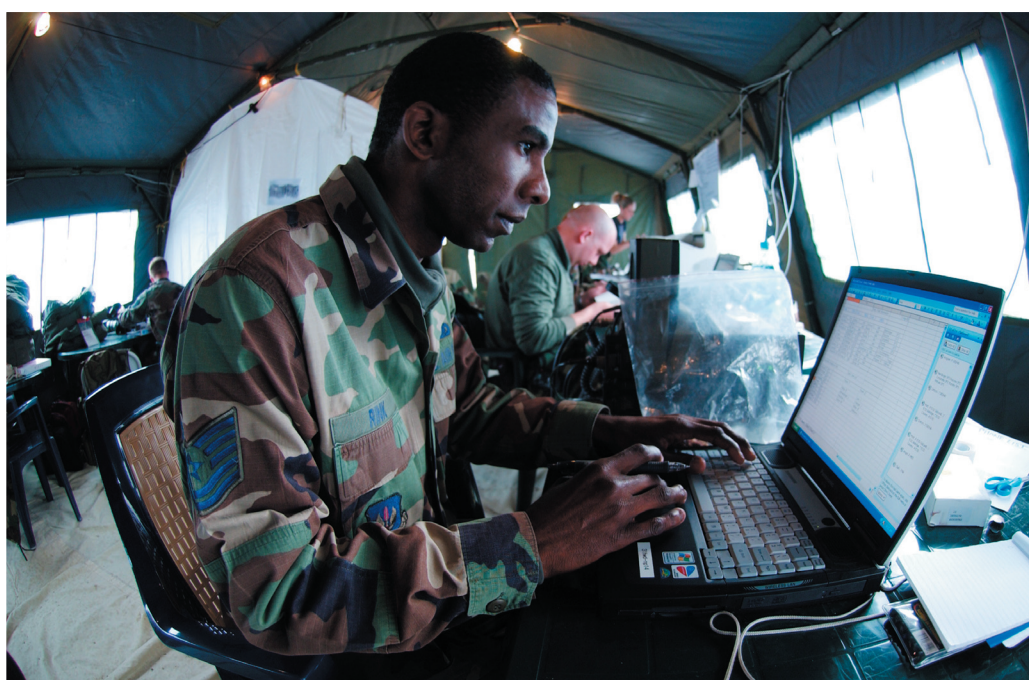
Friday, 8 p.m. - "Hitch" Rated PG-13 - Will Smith plays a "date doctor" who claims to be able to find customers their perfect romantic match in three dates or fewer.

(Titles and times are courtesy of www.aafes.com, and are subject to change.)



Airmen of the 31st Fighter Wing mortuary affairs team wait at Camp Talon Pride, Albania for a U.S. Army Blackhawk to fly them

to the aircraft mishap site in the mountains. The team was responsible for recovering the crewmembers' remains.



Tech. Sgt. Ronald Rink of Ramstein Air Base, Germany's 86th Air Mobility Squadron, prepares a daily passenger manifest for U.S. Army Blackhawk pilots transporting Airmen to and from Camp Talon Pride, Albania and the mishap site in the Albanian mountains.



Tech. Sgt. Jon Skipper and Senior Airman are digging a trench for network cables in Camp Talon Pride, Albania. Logistical and communication support is necessary to accommodate the investigation.



as re-



Sgt. 1st Class David Pessall, B/104 Aviation Task Force Shadow, out of Camp Bonsteel, Kosovo, looks out the gunner's window of his Blackhawk while transporting people to the crash site.

Airmen in Albania

The news was not good; a MC-130H from Royal Air Force Mildenhall, England crashed into a mountain in Albania March 31 while conducting low-level night training with the Albanian air force. Nine Airmen were onboard, later confirmed killed. Within hours, arrangements were made for Airmen from all over U.S. Air Forces in Europe, including Aviano Air Base, to respond and assist in the investigation and recovery of the accident. Side-by-side with U.S. Army Soldiers and Albanian military, the Airmen worked in cold and foggy weather, all in the hopes of finding answers and making sure the nine Airmen made it home.



man Aaron Bak-
dron here, dig a
lon Pride, Alba-
support was nec-
tion there.



Accident, Security and Investigation team members from Aviano huddle around a fire while a blinding fog settles in the Albanian mountains. Weather was a major factor for the team, as they lived and worked atop the mountains to complete the mission.

*Photos by
Staff Sgt.
Michael
Holzworth,
Base
Multimedia
Center*

Fly Bys

Tourist passport

Tourist passports are recommended for ease of travel throughout Europe and surrounding countries. Passports may be obtained at the Aviano Military Personnel Flight.

Travel Web site

Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the Web site offers a list of places suspected of anti-American activity, as well as other information for travelers. Call the 31st Fighter Wing Manpower Office at Ext. 7308 with questions about the site or other antiterrorism force protection measures.

Experience Europe

The Information Tickets and Travel office offers group and customized tour packages for one day trips, express travel, overnight and morale tours, sight-seeing and shopping trips. The office can arrange travel and reservations for squadron and private tours as well as daily and weekly tours. For more information, call Ext. 5072.

AF online travel

The Air Force now offers support to customers with the information they need to plan their leisure-time activities and assists them in locating the lowest possible military pricing in entertainment ticket venues and travel arrangements. For more information, log onto www.aftravelonline.com/



Courtesy photo

Name this vacation location

This week's vacation location is a port city of outstanding cultural and artistic life, in a country which declared its independence from Yugoslavia in 1991. It has endured the crusades which contributed to its current fortress-like appearance. In 1806, the city surrendered to French forces after a siege which rained 3,000 cannon balls on the city. Since 1956, this city has been included in the calendar of world festivals. Be the sixth person to name the city and country where this location is located, and win a prize. Send answers to vigileer@aviano.af.mil. Congrats to Lea Fastelli, 31st Logistics Readiness Squadron, for answering last week's question with Prague - Czech Republic.

Cruise News: The Information, Tickets and Travel office offers a two for the price of one cruise special. Call Ext. 5072 for details.



Courtesy photo

Chateau de Chantilly, France is one of the most beautiful sights to see in Europe.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Today and Saturday - French Riviera (Cannes, Nice, Monaco, Monte Carlo)
- April 23 - Guided San Marino
- April 23 - Castles in Carinthia, Austria
- April 30 - Pisa and Vinci museums
- April 30 - Guided Florence
- April 30 - AquaSplash Water Park
- May 14 and 15 - Wine tasting in

Tuscany at Montalcino, Pienza. Price is between 198 Euro and 218 Euro. People can make a 50 percent deposit to reserve a seat.

- May 27 to 30 - Naples and the Amalfi Coast for Memorial Day weekend. Four days and three nights touring Naples, Sorrento, Pompei and the coastline.

For more information about ITT tours, call Ext. 5072 or 5026.

'Zeroing' in on target heart rate increases aerobic fitness level



Senior Airman Priscilla Robinson

Working out within your target heart rate provides a guideline to gauge current fitness levels, as well as a goal to achieve while increasing aerobic progress.

Health professionals stress the importance of proper pacing during exercise.

To receive the benefits of physical activity, it's important not to tire too quickly.

Pacing workouts are especially important for individuals who have been inactive.

Target heart rates give a reference to measure initial fitness levels and monitor progress

during a fitness program.

Using this approach requires measuring pulse rate periodically during exercise and staying within 50 to 75 percent of the assigned maximum heart rate. This range is called the target heart rate.

The maximum heart rate is about 220 minus the current age of the individual.

For those who can't measure their pulse or don't want to take their pulse when exercising, a good rule of thumb is to use a "conversational pace" to monitor exercise efforts during moderate activities like walking.

If it's possible to talk and walk at the same time, the body isn't working too hard. If it's possible to sing and maintain the level of effort, it's probably not working hard enough. If it's hard to maintain proper breath control at the current pace, the body is probably working too hard — especially if there are frequent stops to catch a breath.

For those who participate in more vigorous activities such as brisk walking and jogging, the "conversational pace" approach may not work. Try using the age-related target heart rates. It works for many people, and it's a good way for health professionals to monitor fitness progress.

When starting an exercise program, aim at the lowest part of your target zone—50 percent—during the first few weeks.

Gradually build up to the higher part of the target zone—75 percent. After six months or more of regular exercise, it may be possible to exercise comfortably at up to 85 percent of the assigned maximum heart rate.

However, it's not necessary to exercise that hard to stay in shape. (*Source: American Heart Association*)

Fitlinxx Fitness: All Aviano Airmen must log at least three workouts per week on Aviano Fitlinxx



Airman Frank Snider

Race day

Master Sgt. Warren Howard, from Seymour Johnson Air Force Base, N.C., prepares his teammate's car in Kenly, N.C. He has raced cars since he was 16 years old and spends 10 to 15 hours per week getting his 1992 Chevrolet Camaro race ready. He said he also faced Mark Martin, Rusty Wallace and Dick Trickle before they made it big.

Fly Bys

Sports officials

The Aviano Sports Officials Association is looking for referees for the upcoming flag football and softball seasons. The association is also looking for softball scorekeepers. For more information, call Gregory Smith at Ext. 4978.

Batting cages

The Aviano batting cages have opened for the season. The Dragon Fitness Center is taking reservations for teams and individuals. For more information, call Ext. 5479.

Fitness classes

The Aviano Community Center offers fitness and power stretch classes for \$25 per person per month. Space is limited and the center has a waiting list for the available classes. For more information, call Ext. 5479.

AYP tournaments

The Aviano Youth Program in Area One hosts a basketball and volleyball tournament April 29. For more information, call Ext. 7575.

Aviano Golf

The Aviano Alpine Golf Course offers individual golf lessons as well as youth and adult instructional clinics. Participants may also take advantage of the merchandise special order program, equipment rental, club fittings and golf equipment lay-away program. For more information, call Ext. 7386.

Paragliding

Aviano Outdoor Recreation offers weekend paragliding, tandem rides and solo flights in the mountains of Italy. Participants must sign up the Wednesday prior to their weekend flight. For more information, call Ext. 8625.

Customized workouts

The 31st Services Squadron's Jennifer Kellner provides one-on-one training for \$20 an hour at the Dragon Fitness Center. Call 348-257-4346 to schedule an appointment.

